

# We're Born for Corn

FSRC April 2007

Corn also known as maize is a member of the grass family. It was first grown as a domestic crop by the Indians of Mexico about 4000- 6000 years ago. It is grown around the world and is one of the globe's most widely used food staples. It is the only grain commonly eaten as a vegetable.

## Storage Hints for Corn

Recommended per adult: **30 pounds**

**Storage Life:** 10 years (whole) or 5 years ground

Store in air tight containers

Remember HALT rules for storing

Kinds to Store (grain): Cornmeal, whole corn, and popcorn, dehydrated sweet corn (takes a while to dehydrate), freeze-dried, or canned corn (for vegetable).

No cornmeal in #10 cans (from Bishops Storehouse)

## Corn Facts (azmazes.com and soyatech.com)

1 c. dry corn/popcorn = 1 ½ c. cornmeal

40 % of world's corn grown in US

Corn combined w/ beans makes a complete protein

More than 3000 different uses for corn

In US, twice as much corn produced than any other grains

Ear of Corn (16 rows, 800 kernels) = ¾ cup

One acre= 100 bushels, 7,280,000 kernels

Most animal feed made from corn

25% of US corn exported

Environmentally friendly in products

50 % of US Corn grown in Iowa, Illinois, Neb. and Minn.

## Kinds of Corn

(from foodsubs.com/graincorn)

Chinese or baby corn: Tiny ears of corn that are eaten cob and all. Popular in Asian dishes. Fresh, canned or frozen

Field/Whole Corn: Large kernels, usually used for animal feed, usually used for cornmeal

Grits: Southern staple made from hominy or plain corn which is ground until it has consistency of coarse sand. It is used as a side dish, breakfast cereal or ingredient in baked goods.

Hominy/Posole: Hulled field corn kernels that are stripped of bran and germ. Used in southern cooking. Cooked whole until tender served as side dish in place of potatoes.

Masa or Nixtamal (uncooked posole): Dried corn that's been simmered in a solution of lime and water to make them softer, hulls are removed, it is more nutritious than some cornmeal. Dried and ground into masa for tortillas.

Popcorn: Great popped or ground into cornmeal

Sweet Corn: Great eaten fresh off the cob, or frozen or canned, also; freeze-dried and dehydrated.

## Nutrients

**Sweet Corn, can**: 1 cup corn = Calories 164, Fiber 4g, Carbs 38g, Protein 5g, Fat 1.5g, Vit. C 11%

**Cornmeal** (degermed): 1 cup = Calories 500, Fiber 16g, Carbs 90g, Protein 4g, Fat 2g

**Corn Flour** (ground corn): 1 cup= Calories 442, Fiber 9 g, Carbs 94g, Protein 10g, Fat 5, iron 28%

**Masa** (enriched): 1 cup= Calories 416, Fiber 11 g, Carbs 87g, Protein 11 g, Fat 4 g, Iron 55 % enric

**Popcorn**: 1 cup= 700 Calories , Fiber 15, Carbs 156g, Fat 4g, Protein 12g

**What you get from One Bushel of Corn=56 lbs (iowacorn.org)**

Corn Oil (1.6 lb): cooking oil, margarine, mayo, salad dressing, shortening, soups, printing ink, soap

Protein (13.5 lbs): livestock and poultry feed, pet food

Gluten (2.6 lbs): amino acids, fur cleaner, poultry feed

**Plus one of the following:**

Ethanol/Alcohol (2.7 gallons): motor fuel additive, alcoholic drinks, industrial alcohol, E-85 auto fuel

Starch (32 lbs): adhesives, batteries, cardboard, crayons, chalk, degradable plastics, dyes, plywood, paper, antibiotics, gum, plaster board, pizza, wallpaper, photo film, printing paper, diapers,

Sweetener (33 lbs): shoe polish, drinks, jams/jellies, canned fruit, catsup, cereal, licorice, peanut butter, pickles, bread, citric acid, candy, marshmallows,

**Popcorn Facts**

More Protein than any other cereal grain

More iron than: eggs, peanuts, spinach or roast beef

Expands 30x its size when popped

In US: average 54 qts. popped per person, per year

1 c. popped = 40 calories

**Popcorn Popping Tips**

(popcorn.org)

- Preheat the 3-4 quart pan.
- Have lid where steam can escape.
- Add 1/3c. vegetable oil, heat oil between 400-460° oil burns at 500° so watch if oil is smoking.
- Test the heat by dropping 1-2 kernels. If they spin, the oil is ready.
- Just add enough kernels to cover the bottom of the pan about 1 cup.
- Keep pan moving when popping, remove from heat as soon as the popping slows.
- Pre-salting toughens popcorn.

Old Maids is a term for kernels that fail to pop and are often found at the bottom of the bowl.

To rejuvenate old corn: fill one-quart jar three-fourths full of popcorn and add one T. water. Cover and shake to coat the kernels. Shake every few minutes until water is absorbed. Store in cool place.

Test every 2-3 days by dropping a few kernels into some hot oil. If they don't pop, sprinkle some more water and repeat.

**Popcorn Jokes (jollytime.com):**

1) "The baby corn asks his mama corn: "Where do baby corns come from?"

Mama says: "I told you before, the stalk brought ya!"

2) "Why can't you tell secrets in the cornfield? There are too many ears!"

**Other Sources for Corn Information and Recipes**

Popcorn.org, recipegoldmine.com, kandcorn.com, thatmyhome.com, jollytime.com

## RECIPES

### **Easy Corn Chowder**

(allrecipes.com)

2 c. diced potatoes	½ c. diced celery	½ c. chopped onion
1 can (11oz) creamed corn	1 can (15oz) whole corn	1 can (12 oz) evaporated milk
1/8 t. cayenne pepper	¼ t. salt	¼ c. bacon pieces

In large saucepan, place potatoes, celery and onion, add water to cover. Bring to a boil, reduce heat and simmer 20 minutes. Drain. Add creamed corn, whole corn, milk and spices, and bacon to vegetables. Bring to boil, lower heat and simmer 20 minutes.

**Variation:** Use 1 c. dried diced potatoes, ¼ c. DH celery and onion and 2 c. water in place of fresh.

### **Debbie's Cornbread**

1/4 c vegetable oil	1/2 c sugar	1 egg
1 1/4 c water	1/2 T vanilla	1 c. all-purpose flour
1/4 c powdered milk	1 1/4 c. yellow cornmeal	1 T. baking powder
1/2 T salt		

Preheat oven to 400 degrees F. Grease 9X9" baking pan. Set aside. In a large bowl blend together oil, sugar, egg, vanilla and water and mix until blended. Add flours, cornmeal, powdered milk, baking powder, and salt. Mix until blended. Pour into prepared pan. Bake 30-40 minutes or until light golden brown and tester comes out clean. Serve with Honey Butter. Serves 6.

Honey butter: Cream together ½ c. softened butter and ½ c. honey. Store extra in refrigerator.

### **Beef or Chicken and Bean Enchiladas**

(Emergency Food in a Nutshell)

#### Sauce:

2 T. oil	3 T. flour	2 T. dried minced onion
½-2 T. chili powder	2 (8oz) cans tomato sauce	½ t. sugar
1 ½ c. water (meat broth incl.)	½ t. vinegar	¼ t. garlic powder

#### Filling:

1 (12oz) can beef or chicken chunks	1(4oz) can diced green chilies	1-2 (15oz)cans beans, drained
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#### Also:

12 corn tortillas	1 (8oz) processed cheese sauce
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In saucepan, combine oil and flour until there are not lumps. Add rest of sauce ingredients and bring to a boil while stirring. Reduce heat; simmer 5 minutes, stirring occasionally. Cool while making tortillas.

In a bowl, break up meat chunks, combine with beans and chilies. Spread 1/3 c. sauce over bottom of lightly greased 9 x 13 inch baking dish. Pour some of sauce into pie pan. Quickly dip tortillas in sauce on both sides and fill with meat mixture. Roll tortillas and place seam side down in pan. Pack enchiladas tightly in pan and cover with remaining sauce. Dot with processed cheese sauce and bake, uncovered at 350° for 35 minutes.

### **Black Bean and Corn Salad**

(allrecipes.com)

2 (15oz) can black beans	2 (15oz) can corn	½ c. chopped onion
½ c. red bell pepper, diced		

#### Dressing:

½ c. balsamic vinegar	2 T. vegetable oil	1/2 t. salt
½ t. white sugar	1 T. dried cilantro	½ t. chili powder
½ t. ground pepper	1/2 t. ground cumin	

Rinse and drain beans and drain corn. Combine with onion and pepper. Whisk together dressing ingredients. Pour over bean mixture. Chill for 1 hour.